



Adolescent, Parent, Children & Family Resources

Granite Wellness Centers: We're here to help and expanding telehealth and virtual services.	Contact	Description
Adolescent Outpatient and Intensive Outpatient Treatment	Stephanie Sadhu, Counselor 916-782-3737 ext. 313 www.granitewellness.org	Outpatient and intensive outpatient services are taking new clients. Telehealth and some onsite services in Roseville, and telehealth services only in Auburn.
Student Assistance Programs (SAP)	Stephanie Sadhu, Counselor 916-782-3737 ext. 313 www.granitewellness.org	Schools continue to refer students who need help for adolescent outpatient treatment, counseling and student intervention programs. Services now offered via telehealth & phone.
Children's Program: Resilient Child	Shamari Roy: sroy@corr.us (916) 782-3737 ext. 328 www.granitewellness.org	Modeled after Betty Fords' research-proven support program, Granite Wellness Children's Program supports young people ages 7-15 who have been impacted by a parent or family member's substance use.
Family Recovery Education Series	Shamari Roy: sroy@corr.us (916) 782-3737 ext. 328 www.granitewellness.org	The Family Recovery Education Series is open to anyone interested in learning more about addiction and recovery and healing for the whole family.
Parent Project	Stephanie Sadhu, Counselor 916-782-3737 ext. 313 www.granitewellness.org	Parent Project is a 10-week (1 night/week) program providing parents with step-by-step solutions for their teens. This supportive class helps parents with teens experiencing failing grades, school suspension, drug use, and other challenging behaviors.
Website	www.granitewellness.org	Program information
Social Media - Facebook	https://www.facebook.com/granitewellnesscenters/	Resources and information
Online Recovery & Self Help Groups		
Young People's Virtual 12 Step Support Group	Desktop: www.bluejeans.com/334656087 Mobile Device: download "BLUEJEANS" APP, Enter Meeting ID: 334-656-087	Hosted by Pathways Recovery
Class of 2020 High School Support Group	Zoom Meeting: www.zoom.com Meeting ID: 4236595845	Hosted by Recovery Happens
Alcoholics Anonymous	www.aa-intergroup.org/directory.php	Online 12 Step meetings
Narcotics Anonymous	www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/	Online 12 Step meetings
Mental Health Supports		
GritX	www.gritx.org	Mental health support and connections for adolescents and young adults. Grit stories, Catch Your Breath breathing exercises, journaling exercises, online sketchbook tools, and more.
The Mighty	www.themighty.com	The Mighty is a safe, supportive community for people facing mental health challenges and the people who care for them.
Cal State Sacramento CSUS	Email ccds@csus.edu with your request.	CSUS AMFTs offering no cost Telehealth Therapy
Placer County Crisis and Hotlines:		
Adult Intake	916-787-8860	Mobile Crisis Line
Youth	866-293-1940	Youth Crisis Line
Roseville City Youth in Crisis	916-774-500	Contact Roseville Police Department and ask for the family mobile crisis team
Stand UP Placer Domestic Violence Hotline	800-575-5352	24-Hour Crisis Line
National Hotlines		
Suicide Hotline	800-273-8255	24-Hour National Suicide Hotline
Trevor Project	866-488-7386 or text START to 678678	24-Hour National Suicide Hotline for LGBTQ
Crisis Hotline	Text CONNECT to 741741	24 Hour National Crisis Line- text anywhere in USA, anytime, about any type of crisis. A live, trained crisis counselor receives the text and lets you know that they are here to listen
California Peer Run MH Warmline Not for suicidality	(855)845-7415	

Prevention and Other Health & Wellness Resources	Contact	Description
Coalition for Auburn and Lincoln Youth (CALY)	srogers@corr.us www.raisingplacer.org www.facebook.com/CALYCoalition	Website featuring youth substance use prevention, health and mental wellness resources for parents, teens and families. CALY Facebook page features with daily posting of resources and information
Coalition for Roseville Youth (CoRY)	civazes@placer.ca.gov www.raisingplacer.org	This coalition is hosted by the Placer County Substance Abuse Prevention Program. COVID-19 support as needed for Roseville school staff, families and youth. Website featuring youth substance use prevention, health and mental wellness resources for parents, teens and families.
Digital learning for students grades K-12 EVERFI For Families	www.everfi.com/k-12/parent-remote-learning	With school closures and many parents now homeschooling, this is a great resource to help keep children (K-12) engaged in educational activities that stimulate their minds. Topics include prevention, health and mental wellness, Financial Literacy, Character Building, Social Emotional Skills, Goal Setting, Parent modules, and more.
Stanford Tobacco/E-cig Prevention Toolkit	www.med.stanford.edu/tobaccopreventiontoolkit.html	Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. Addresses health risks of using e-cigarettes/vapes, including JUUL and Puff Bar; the increased risk of severe COVID-19 infection for e-cigarette/vape users; and marketing tactics used by nicotine companies to target youth.
Stanford Cannabis Awareness & Prevention Toolkit	www.med.stanford.edu/cannabispreventiontoolkit.html	Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of cannabis/marijuana.
Operation Prevention	https://app.operationprevention.com/	Self pace online module for students/teens
Operation Prevention Parent Toolkit	https://www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf	Information on the warning signs of prescription opioid misuse and a guide to prevention and intervention to empowering families.
Placer County Office of Education Prevention Supports and Services	https://www.placercoe.org/Pages/PCOE/Educational-Services/Prevention-Supports-and-Services/Prevention-Supports-and-Services.aspx	Supports and services for students, families and schools including tobacco prevention, resources for foster youth, children and youth experiencing homelessness, mental wellness and more.
Placer County Tobacco Control Program	https://www.placer.ca.gov/3068/Tobacco-Control-Program	Technical assistance, training and resources to reduce the impact of tobacco on Placer County residents.
Placer Network of Care	https://placer.networkofcare.org/mh/	Website with wellness and behavioral health resources for Placer County.
Centers for Disease Control (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/index.html	COVID-19: How to protect yourself and your family
	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html	Tips to keep children healthy while schools are out
	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html	Talking with Children about Coronavirus
Food Resources		
Placer County Office of Education District Meal Distribution Information	https://www.placercoe.org/PCOEDocuments/PCOE/Departments/Administrative-Services/School-Meal-Information_031820.pdf#search=meal%20distribution	Meals for children enrolled in Placer County schools are offered curbside or drive-through in most district locations. This is a listing of information and meal distribution sites for districts and schools throughout Placer County.
CalFresh	https://www.getcalfresh.org/	Get help with providing food for families. Can apply online in 10 minutes.
Placer County Food Bank	(916) 783-0481 http://placerfoodbank.org/	Food for seniors, children, and families in Placer County.
WIC	(916)784-6447 or (530)889-7187 placerwic@placer.ca.gov	Nutrition program for women, children and infants.
FREE Farmers Markets		*Sheridan: Celebration Family Worship - 5721 10th St., 8:30 am - 10:30 am May 8th, June 12, July 10th, August 14th, Sept. 11th, Oct 9th, Nov. 13th, Dec. 11th. *Lincoln: McBean Park- 65 McBean Park Drive, 8 am - 10 am April 17th, May 22nd, June 19th, July 24th, Aug. 21st, Sept. 18th, Oct. 23rd, Nov. 20th, Dec. 18th. *Rocklin: Johnson-Springview Park, 5480 5th St., 8 am - 10 am April 24th, May 29th, June 26th, July 31st, Aug. 28th, Sept. 25th, Oct. 30th, Nov. TBD, Dec. TBD